

Al'iisa'at almanziliat wa COVID-19 Kayf Tastajib Fan Alkanayis

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Fi zamen ta morod COVID-19 duol ketiir shufu ziada ta anaf ta beit wa fi argam ketiir ta nasawin wa ruja! daerin musaida min kutut ta musaida ta waton, elkan fi.

Anaf ta beit biga mushkila dusa fi majtamahat tana wa fi kanais elkan behid min manaza aw mahzur. Elanaf ta beit owa kata wa mumkin yasabab sad le muda aya le nas elnajejiin. Anina ka misiehiin nadona asan beneheb rabuna fardihen wa taniin wa natamam be le kulu zol. Asan yazakar ACC 15:7 wa 16:3, de sjajawu kulu anina asan nehel mushkele al'iisa'at almanziliat wa anaf elgaim beterika nuoh majtama, fa anina awsa be murud ta al'iisa'at almanziliat be zamen elnas daeirin ajat.

Elmagadam be galam ta

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Amin elham ta taga angelikiya
Anglican Communion



Mugadima

COVID-19, kan, wa lisa, indu tasir ketiir fi majtamahat fi kulu alam wa ze i ma elakumat bekutu tadamir maktalifa ashan yawagifu tafshi ta morot. Bagi tadamir del, ze i azel fi beit, mumkin yakun indu tasir fi intishar wa shada ta anaf ta beit elbegom beterika ta nuoh ta majtama. Shahdat ta kutut musaida ta watoniya elmatahliga be al'iisa'at almanziliat fi added min elduol fi irtifa ketir ta makalamat.



De ma tadamir ta okuma elsabab anaf, fa elmusuliya de wa kiar de lisa indu mutaham, ketir inu elijira mumkin taheig wusul najiat le daham elmatlub wa orub ta intahak. Mumkin elkof elzad, wa tawatar matazaid wa nagaz ta mal nazder tazdahir anaf ta mahmala bedun mawajaha.

Alkanisa kutu kuis fi majtamahat ashan owa bekun nur wa mukeim fi zamen eldururi wa owa yawasel le majtamahat fi mahalat okumat ma yawasilu. Risala tana elmisieyiya owa hob le aker ze i ma elmisieh beheh anina wa ma begabil waratow min lahamtana wa damtana. Elwasiga de delil ta tejeiz musulin ta kanisa wa nas elbemshi kanisa (elolmanin) ashan omen yarudule anaf ta beit beterika kuis.

Eltadabir ta istakdam nahaj 4 R's (**recognise, respond, refer, record**) **elmatamsel fi taruf, rad, wa ahla wa tasjil**, bamulu ka sukol ta amel le ijaba de ma najiin, bedun ma besilu bara elguwa ta elnajiin ashan omen yarudud wa yakalik yarif omen daeir in kaman. Elnahaj 7R's (**recognise, repent, remove, refer, make restitution, record, review**) **ta taruf, wa tuba, wa izala, wa ehla yawidh, yasajil wa ehda elnazar bamulu** ka sukol ta mutahmin asan yawagifu elanaf wa omen yasebu omen be amailtomen. Eldelil de bekatu magadama ta lawutiya, de sunu elanaf

ta beit wa keif bami elgadiyatow, bemshi waraw de katuat mabashar elanina kulu besilu, beshmil kutu rujal sawa, wa benadu le tageer. Salah owa juzu min radkana, lakin najin ta anaf omen daeir musaidatana mabashar wa musaida kaman

Fi kulu elmastanat de, elshakil sail yamasel anaf ta beit, elmutaham benadu be 'owa' wa elawugu benadu 'owaa'. Nafsa tadbik mabadi elasen kutu fi elmastanet le rujal elnajiin ta nahf wa muheim asan yarif inu de basel le majtamahat wa bekun fi ishara ta ehlim, asan elryjal elnajiin yaligu musaida. Elarif najibeistakdamu bedel eldhaya asan yawari masafa ta nasawin asan yaheshu haltomen de wa kaman le nas in mahindum fardiat tomen mahindum anaf wa gedir yaheshu.



COVID-19

El-alam yawaja fi sahat ger masbuga be intishar ta COVID-19, elkaman maruf be Coronavirus, wa radud ta duol ketiir le waba be tanuoh.

Ektadabir del beshmil: tabeid ta jizdi, azel zati fi beit, imaya, iklak ham, guanine ta mashi, godu fi beit, guwata ta दौर, dukakin wa kedmatta iklak aw iyada ta iftitah be zamen mahded. Elnatija owa inu elaya eladi galisu wa wujud ta adom masawa matasare wa

mabalaka beine jat indu tasir juwa majtamahat le akil, elsakan, tozif, saha wa kedmat ijtimaiyy tani. Elogug elasasiya del omen jamelu shedid, be zad le nas elindum eldehifin fi majtamahattana.

Le mezid min malumat katiir ta COVID-19 alakala 'Maerifat Alhaqayiga' anglicanalliance.org/covid-19-knowing-the-facts/

El-alam Elmahindu Masawa

Fi kitab elmagadas, gisa ta Robuna wa insan owa gisa ta alaga wa fatis ta alaga: Robuna befatisu alaga ma anina be taklifa; fatis tanina be alaga ma Robuna; alaga ta anina ma kulu zol fina.

Elalagat omen ajat asasi le tatawor ta insan – elaya elmahindu taman elrabuna daeir le kulu iyaltow. Lakin fi kanaistana wa fi alam anina ma benagig kalam de. Elterika benasufi elakerin, suluktana, ifteradadat, afakar elnamtiya, eltehyzat, wa tawagahat mumkin yawadi le tahati wa yafarad ajat batal le nas elmahindu guwa shedid fi majtamahattana.

Adom ta takafu fi guwa wa surelnamtiya beina nasawin wa ruja, ata lo juwa nas awlana fi majtamahattana, sagafa, kanais wa ganun, omen bedamaru shedid. Nasawin wa banat, ruja wa awlat mumkin yaser be nazariya ta sagafa wa so fam ta kitab elmagadas, wa de bewadi le seytara ta taniin wa so mahmela. Elnasawin wa banat daeiman omen betabu ta adom masawa fi majtamahattana.

Elanaf elgaim be nuoh ta majtama owa yawu yasabab wa natija le alagat guwa geir matakafa beina nasawin wa ruja wa banat wa awalat. Yatafakam daeiman fi zamen ta elawba wa horub wa idtarabat elsiasiya lo mahir ta sagafa ta geir masawa kutu wa yatim leistiklal le tarsiek isa istikdam sulta wa seytara le tanin.



Elkitab Elmagades Begul Sunu le Tahti?

Robuna owa Robuna ta hob wa benadi insaniya asan yaskun fi alagat elkuis bene kulu zol. Lisa elanaf wa tahti mujud fi majtamahatana wa elkitab elmagades barifu de wa wari kibrat ayatana. Lel ozun, elanaf wa tahti mumkin yaser ay zol fi kulu zamen. Elanaf wa tahti yageiru zol wa mumkin yakalis minu, yami le omen asan ma yamulu aja Robuna kalak omen asan yamulu. Eloguba mumkin yakun be tul aya.



Robuna ma bekjel min owgat wa gidayat elsahba de. Fi 2 Samuel 13 anina benagara be iktisab ta Tamar wa owa masha sakan ka mara mahjur bad ma owa iktasabu. Yesuwa bekara elanaf wa tahti wa idrarat tomen le eldayiin. De owa katiya.

Malachi 2:14 yakabarna inu Robuna besufu keif elmaru yatim mamala kahab min rajiltow, 'elrob owa shaid bene inta wa marataki elshababiya, elinta biga mahindu iman, wa owa sheriktaki wa marataki be ahd'. Elrob besuf ata lo elbab gafalu wa owa berifu inu eltahti mujud.

Malachi 2:14 owa kaman tazkir le nazur wa ahd ta iris elamulu gidam Robuna asan yehebu wa yarisu kuis. Fi Psalm 11:5 anina gara be wade elrisal did elanaf gawi, 'elrob bedi iktibar le salehiin, lakin ruhtow bakara elsheytan wan as elbehebu elanaf'.

Yesuwa owa elmasel anina bemshi war aka misiehin. Aya ta yesuwa fi duna warana keif naskun wa neheb eltani. Yesuwa yafada eldulum, bejib shifa wa tahdiat ta sultat lo ome fashelu be terika ta adala. Fi Luke 8:2-11 anina besufu keif Yesuwa bami aya ta mara kan amulu shermuta wa ruja daerin yakatulu be ujar. Owa kalim ma mara fi madaka ta muoya elkan indu kamsa ruja wa omen betaramu elmaru be karama wa ehtiram (John 4). Colossians 3:19 owa dukri fi tanuirtow inu, 'ruja hebu nasawin takum wa ma takunu kashinin le omen'. Ephesians 5:29 begul amalayan inu aja de matatu: 'ma fizol bekara jisimto, lakin bekaziuw betazbow, ze ma elmisieh bamulu le kanisa'. Lo eltahti asel elnajehiin yakidu inu elbahas ta maleja ta tahti de terika shatir asan bekali jisimtaki kuis min eldarar (Psalm 22:3).

Elmisiehiin benadom asan omen yaheshu aya ta hub, wa yamulu arad ta alaga salim wa muahaba, asan yakali kulu wahid yamulu kulu ajat Robuna kalakna asan bamulu. 1 Corinthians 13:4-7 bewarina inu elhub owa: 'Hub owa sobur, hub owa tayebe. Ma bamulu gira, ma bamulu awaam, owa ma takabur. Ma bamulu adom tagdir le tanin, de ma fatisu le nafs, ma bezal be sura, ma bemsik golotat. Elhub ma beskun fi sheytan lakin bekun fi mahal fiw agiga. Owa daeiman bami, daeiman besik, daeiman indu amel, daeiman yafiz.

De wade inu Robuna benadina asan neheb, ma bestakdam nas wa tahti, le akerin. Ma fi tabrir aw ozur le tahti nuoh ta majtama wa anaf nuoh ta jinis elfi kitab elmagades.

Elanaf be Terika ta Manzili de Sunu?

Elanaf elmazili owa ay adasa aw namad ta adasa ta seytara, gasri aw tahdit ta suluk, anaf of tahti. Fa elanaf mumkin yasel le ay humur elkitaba de bekus le banat aw nasawin kibiru elkanu fi alaga ma zol tani. De beshmil ehtida eljismi wa jinsi wa nafi wa atifi wa elfadi wa anaf mali.



Anina laman daeirin, asan nakunu jaizin le istiklal ta jinis wa anaf ta banat marahgin* wa sukeriin ze zamen ta tawatur lo mawaugin zadu. Dorob masel, iris badri aw beguwa, ehmi, istiklal ta jinis le gabel buga wa iktisab omen marufin asan bezidu beshakil kebiir kilal elwaba wa zamen ta mashakelat.

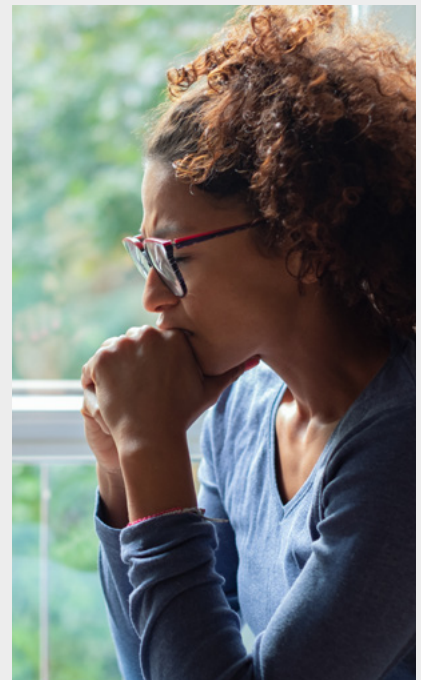
Amul isab ta oslum owa mastawa ta aja amulu asan bamulu zol yakun marus wa/aw mastagel fi mataham beistakdam ta turuk maktalifa, beshmil ehtisal mahded ma osra, asdiga wa majtama asan yansha azla matamada. Elsuluk gisri owa terika of namad ta afahal ta ehtahdat, tahdiat, izlal wa tarhab aw anaf eltaniin elbastakdam eldarar, huguba, aw takawaf le madarar.

Fi galib ta anaf nuoh ta manzil owa anaf ta guwa wa saytera le zol tani. De istikdam ta zol tani be ay terika asan omen yamulu aja inta daeru bedun ehtimam le aja omen daeirin, rafaya wa aya wa horiya. De katiya. De zaheir min matagat ta elmatam elistehgag wa imtiaz inu eksherek elmara owa asas wa nasawin mujudin asan yagigu ajat ta ruja. Fi duol ketiir de jerima wa batabaru ze de.

Kalik arif aja isimto be astir elasir, ze 'owa besaraf kide asan owa zalan', aw asan kan basherab marisa, aw makadarat, aw rasu ma kuis. De jat elbakaliw yamulu ajat batal. Elmatam ta anaf bektar anaf. De iktiar wahi.

Elanaf elmanzili baktalif min alaga elfiw alaga kuis (lo fi korak bene nas lo fi tawatar). Lakin, fi ahla fi sulukiat ma kuis, elkatat ta anaf bada yezid, wan as bekunu daeirin yaseytara ala nas elfi alaga. Dorob mase, el-alaga ma kuis mumkin yawel le anaf manzili lo fi jaha daeir yafuz elmanagasha fi aja de, bakali zol eltani yashour kab, wa bamulu aja be terika taki bedun tashour nas elosra.

***Eltarif ta manazama ta saha elalamiya le marahgin owa nas elbene 10 wa 19 sene. Kutar minum murahgin, asan kide beshmil fi umur ta "jiene", atamadu fi ehtifagiya ta ogug eltifi, 4 omurtow agela min 18 sene.**





Ajaim ta Meshkela ta Anaf Manzili eif?

Waid min talata nasawiin indu kibra ta anaf jiski wa/aw jinsi min sherik ayatow.de masha fuok le 70% fi bagi duol.

Anaf manzili kaman bewaja nas elmashin kenisa. De bakis ajat elbasel fi majtamahattana. De gadiya kator elmumkin yasel le mot ta zol. Mara ta UN kalim gali ma yagarab 82 nasawiin bektulu be yom be gasid min sheriktomen aw sheriktomen elzaman. www.unwomen.org/en/what-we-do/ending-violence-against-women/facts-and-figures. kulu anuah ta anaf, beshmil elanaf beterika ta jinis, wa jinsi wa anaf min sherik elasi, mumkin yasabab katar ta ligu HIV wa amrad tanin elbeligu ma terika ta jinsi.

Nasawin sukeirin wa marahgiin mumkin yakunu indum nisba anaf kebir min taraf ta sheriktomen, be turuk maktalifa, ati 45% min elmarahgiin kalim gali mamarasa jinsi tomen amulu be guwa. Nasawin elsukeiriin el-indu kibra anafta iktisab min sheriktomen 50% wa ketiir minum ligu HIV akter min nasawin eltaniin. (USAIDS 2015c, 37)

Kan fi ziada fi iteneen anaf ta jansi kas wa am fi zamen ta COVID-19. Bagi duol sufu anaf ta manzili indu ziada le talata.

Amulu tagig le ehsa fi dowla taki le mastawayiat ta anaf manzili lo fi ay irtifa fi zamen ta COVID-19. (Sufu mulaig 2). Elanaf elmanzili de gadiya jansaniya el-manato ayakun indu tasir ketiir le nasawin akter min rujal. De kaman manatu inu bagi rujal bekunu madararin wa najehin ta anaf manzili. Kulu anaf batal wa lazim yawagifu wa ay najeh daeir musaida wa daham asan yakunu indu shifa wa tahfi.

COVID-19 Amulu Sunu Lee Terika ta Anaf Manzili?

Duol ketiir shafu ziada ta anaf manzili wa benadi fi musaida ta nas anaf dowletom fi zamen ta gafla ta COVID 19 aw yagodu fi beit.



Dorob masel, South Africa kan indu 87,000 makalamat le musaida ta anaf manzili fi awel shahr min elgafla, wa Malayshi zad 44% fi makalamat le nas musaida dowlato. Fi Kenya fi bit omru 16 sene wa rajil masaku asan yamulu mamarasa. Elmuja'rim kalim gali owa daeir bit yagod maw fi gafla elakuma amulu le nas besab gafla COVID-19. (Human Rights Watch, April 2020 www.hrw.org/news/2020/04/08/tackling-kenyas-domestic-violence-amid-covid-19-crisis).

El-azala owa taktik raisi le mahtadi, akuma amulu sail le guad ta beit ishara fi zamen ta COVID 19 wa mahal ma fi terika le anaf. Ay mahtadi bawel inu yanek elmara fi zamen ta gafla asan owa ma yahesh be salama. Owa ma mumkin yamshi dukan asan yasteri akil lanu elakuma gafal elbeled, wa asan rujal elsherika omen yawu masikin elgurus wa badim gurus asan yastaru ajat ze'i akil, sabun wa jat ta beit eltani asan nas takun selim, nadif wa tamam (de isimto anaf ta gurus). Elmahtadi mumkin yamulu jinsi ma nasawiin be guwa (iktisab) aw elmahtadi beistakdam elkitabelmagades asan yanek elnajeh asan yamulu mamarasa jinsi asan mafi mahal owa yajir fiw, elnajeh mumkin yashour kanu mahindu kiar asan yamsik elmahtadi (de anaf ta jinsi). Elgafla elamulu akuma fi beit mumkin yasab managasha asan yanazalu aw yabagu ma muheim.

De muehim le ay zol asan yakun arif inu elakuma barif ajat ganuniya wa mafi lokkata fi ajat elkatabu asan nas tamshi waraw. Dorob masel, fi bagi duol, guanine ta guad elbeit mumkin ma yakutu fi bal lanu elanaf manzili elnajeh beligu fi musaida wa dahm omen daeir.



El-Amel ta Amel le Musuliin ta Kanisa wa Jiran Elkuiysiin

Salama ta naji/dahi wa iyaltomen daeiman el-awel. Kali elnaji wa iyaltow fi makan kueis min eldarar. Kalik arif inu ay rad bekalik fi salama.

Lo bamulu anaf elmanzili, de kuis lo istakdamtu 4R's ka manabeh le ijra. Del tahrof, wa rad, wa tasjil. Ati fi gafla ama aw tebeid jizdi elaja lisa matabak.

- 1. Tarif** inu elanaf manzili basel fi majtamahat ta kanisa kaman wa bezid shedid fi zamen ta COVID-19. Alim asan tariff isharat ta anaf (sufu eltawul eltehed) wa kalik matakid asan berud kuis fi awkat elgafla (tebeid jizdi wa tani)
- 2. Rud kalim** gali ana wasik fik. De mumkin yakun abra online, beterika ta rasala aw Whatsapp kaman be wash lo gafla am kalas. Katiir min elnajeihin ayagulu le omen aw beshouru inu mafi wahid yasadik omen wa mafi wahid besaidu omen. Musaida le omen bamulu terika selim wa de amel kuis le terika asan besilu (sufu eltawul eltehed)
- 3. Asher** elnajehe le kedmat ta anaf manzili mahali aw gomi, omen lo mujudiin fi dowla taki (elwasila le maluma de gaid fi tawul eltehed). Lo aya ta najeh fi katar be sura, dugu le ragam tawara ta police. Anaf manzili mumkin yakun aja yakun aya fi kator wa lazim yamulu beshakil jadi. Sufu eltawul eltehed le kiarat.
- 4. Sajil** ay aja elnaji galu. De mumkin yaktibu beterika ta malakaz aw sura ta ay adila jazdi. Daeiman silu izin ta najehiin gable inta silu sour.

Ata fi zamen ta wahabelfi amel ameli el-anina besilu.

Munu/Sunu	Dor Ta Jiran Kueis	Dor ta Musuliin ta Kanisa
Tariff isharat ta anaf manzili	- Sufu be isharat ta anaf ze: 1. El-mara ma bekun beterikatomen, owa daeiman azin wa miskin. 2. Owa ma begder bakilu nafsuto wa iyaltow 3. Owa indu kedmat geir mabarar 4. Owa benshaf indu morot daeiman 5. Sherikto begul omen awir, awalik, ma bamulu ay aja 6. Sherikto beshatimu wa yantagedu - Tarif aja inta samitu fi bidaya rababuma yakun jabel jelid ta tahti - Kutu insha ta tawasel ijtimaahi ama ta anaf manzili wa kalik arif inu inta salim asan bekalim be aja de - Tariff nuoh ta wahan ta banat murahgiin wa banat kulu eltabanin min istiklal ta jinis wa anaf belakas lo omen bara min elmaderasa - Kalik mafata le ruja bedi 4C's ta kash, gumsan, telfonat wa rabat le nasawin sukeerin elbedim terika asan omen beitagelu omen fi mustakbel - Tarif banat elmurahgiin elfi beit baram ma geraba mumkin yakunu madararin be anaf. - Tarif inu iyal fi elbeit mumkin yakununu shoud elmadarar be anaf. Iyal mumkin yastakdamu ka aduat ta naf.	- Sufu be isharat ta anaf ze: - Elmara ma bakali yaderu kenisa online, yasoli aw yagra elkitab elmagades - Owa indu kedmat geir mabarar aw bitshaw kanu owa ayan - Sherikto begul ajat betal le owa wa ma bediw ehtiram - Kalik mafata lo matab ligu inta asan bekun fi tija ta anaf. Mtahmin omen bekunu nas zerifiin wa daeiman bawilu yalga nas fi tija tomen asan elkalam ta mara ma besediku - Tarif nuoh ta wahan ta banat murahgiin wa banat kulu eltabanin min istiklal ta jinis wa anaf belakas lo omen bara min elmaderasa - Kalik mafata le ruja bedi 4C's ta kash, gumsan, telfonat wa rabat le nasawin sukeerin elbedim terika asan omen beitagelu omen fi mustakbel - Tarif inu iyal fi elbeit mumkin yakununu shoud elmadarar be anaf. Iyal mumkin yastakdamu ka aduat ta naf. - Tarif banat elmurahgiin elfi beit baram ma geraba mumkin yakunu madararin be anaf.

Munu/Sunu	Dor Ta Jiran Kueis	Dor ta Musuliin ta Kanisa
Rad	- Gulu ana wasik fik wa bekun fi kof ketiir wa mafi zol yasadik inu elanaf owa mafi. - Listen attentively to what she is saying. Tell her this is not her fault and that she is right to talk about it and ask for help. - Asama kueis le kalimat tow. Weri lo gali da ma kata tow wa uwa hag tow asan bikalim wa asal be masada. - Fatisu yatu terika selima asan bekalam ma owa, risala, whatsapp, makalama ta telefon - Adi mugtara asan yamulu kuta salama fi biet (masalan gurufa bei gafil ta bab, iisfin albab wa kida kida.) wa kuta salama le kuruj, lo gal uwa bi iyamshi asan salama tow wa salama ta iyal tow. - Ansha elramzi wahid elbabda be isim bada be A elinta barifu lo bige into ketiir ta kator ta anaf - Adi mugtara le sedik aw ayla fi beit, mama aw okut aw amatu elomen indum ehniya wa befaham anaf ta manzili aw alamu asan yerud fi augat ze de. elsalama owa awel aja. duol ketiir omen bamulu istisna asan yakali elbeit lo elnaji jara min elanaf. - Shaariku elrawabit ma mwasalat mujud mahali. Bagi min duol bi wafuru mwasalat majan le elnajehiin jariin min eltahsuf (tahati) zey tazaakir ta qatar majan le laja aw taxi le mahal amin. - Sayi fi sundug eltwari mahali bi wasulu be tegdiim elwilayi aw be terika ta kanisa aw be majmua ta musada elzatiya? Da bi wadi zol sundug elaweli lewasiila le mahal amin aw fi makan amin. - Sayi fi gasayim eltaham mujud asan bi wadi le kanisa aw markaz mujtama elmahli asan biakulu elnajehiin wa iyal tomun?	- Asma wa sedik elnajehiin ta anaf wa keberum inu elanaf ma golot tomen wa omen sah san yawari kalam anaf - Fatisu yatu terika selima asan bekalam ma owa, risala, whatsapp, makalama ta telefon - Ansha elramzi wahid elinta barifu lo bige into ketiir ta kator ta anaf - Sayi fi sundug altwari ta kanisa mujud elbiasadu elnaji wasiila fi beit ta garibu aw fi montiga tani le beit ta garibu? Lo fi, adi masada eltwari wa dalil le mwasalat elmujud. Amwal bi wadi le elnaji asan biyamshi ligo wasila le mal elsakan fi ayam besiit aw isbou. - Elsalama owa daeiman awel aja wa gurus mumkin yakunu akber wasita ta musaida wa daham - Seyi fi aduat ta akil elkanisa yadi asan elnajehiin yakilu nafsu wa iyaltow? - Lo mafi beit amin mahali wa lo fi tarika, wadi kanisa le elmahtajiin. - Da bikun katar, wa fi duol tanin bikun ger ganuni, haja da deru intibah kueis. ** - Nazilu naska ta ramam ta Kenisa Pack asan kalasu elanaf munzili le malumat ketiir aw afkar. De mujud fi lukat ketiir. Rwabot fi elmalaig. - Kutu fi baal muoduoh ta elinif almanzili fi salawat taki wa fi katab taki wa fi elliturgiya fi zaman elkidemat. - Asan bi kabaru nas be mana ta elinif elmunzili wa kaman be masada elmujud. - Zakir nas inu elinif elmunzili uwa katiya, kata wa ma mugbul wa lazim yawagafu. Risalat wa'adeh min gaid kanisa bi saidu yimna elmusyihun - Min eltahati kalfi abuab mugful. - Kutu malasgat fi juwa wa bara ta kanisa taki bisan elinif munzili wa mugadimi elkidma elinif munzili mahli asan ya'arifu nas ta sika. - Kutu isharat fi muaga elektroni ta kanisa wa fi safa'at Facebook bisan elinif munzili wa makan be ligo masada wa daham. - Rasilu risalat le rujal ta diin elmahali wa le kubariin ta kanisa asan yakunu ya'arifu be ertifa'a elinif munzili wa iyashaja kalam bi'asanu fi isharat katib/kani wa fi luoha ilanar wa fi wusail tawasul igtimahi wa wusail ilami.

Munu/Sunu	Dor Ta Jiran Kueis	Dor ta Musuliin ta Kanisa
Awilu	- Tala tafasiil ta kidma elinif munzili lo fi fi ayi makan ita fi fogu. Lo mafi, ragam ta kidimat watani. aw Ayinu fi www.hotpeachpages.net/ le gaima ta argaam kat musada halami be lugaat ketiir. - Lo elinif wa sua elmuhamala yu'hadid haya, shaja elnajehiin dugu telephone le police. - Daïaman elnajehiin bi nakoru anaf min dun ma yafahamu muskila umon fi fogu. - Lo umon aba le masada, wa fi iyal fi kutura fi beit, lazim ita be taabeh guaniin hamaya iyal wa kabir le kedimat igtimahi mahali, aw le shurta lo mafi tariga tani. - Lo fi itahad elum mahali, wasil elnaji ma shabka le musadiga ketiir, musada wa daham iza munasib.	- nagilu tafasiil ta kidma elinif munzili watani aw mahali mujud. Ayinu fi https://www.hotpeachpages.net/ le kutut elmasada watani fi halam. - Lo mafi kidimat elinif munzili mujud aw ma bi agderu le wusul, itasil be musuul elhimaya, zabit himaya iyal, gaid ta kanisa aw gaida le muziid min eldaham wa masada. - Gadimu fi kitab elmugadis wa ashra inu rabuna ma barudu mashakil wa elanaf wa akid le omun inu uwa sahie le kashif elanaf. - Rabatu elnaji ma itihad elum mahali le masada wa musadiga lo mafi mugadimi elkedma anaf munzili mujud. - Nazili mithal ta Isteheda hazma ta kanisa asan kulasa ta anaf manzili le maziid min malumat wa afkaar ziada.
Tagrir	- Kutu fi tasjil kalimat wanasu. Aktibu be nafsa zamn wa nafsa tariga galo. Ma ta aktibu igtara taki, aktibu bas haja ita asmahu. Kutu tariek, zaman ta hadath lo fi. Aktibu fi waraga tariek wa zaman ta kashif. - Kutu fi makan amin. Bi astakdamu baad zamen fi muhakama aw fi shurta. - Afadhu masajila ta daham wa nasiha taki le naji elanaf.	- Ehtifadh eltasjiil ta kulu ifsha fi youm hasl fio. Dhururi asan ita bi afidhu kalimat elnaji barau. - Afidhu sijilat fi makan amin. Ma ta fata le zol tani ila lo zabit ta harasa aw zabit ta imaya el iyal aw abuna ta kanisa. - Kutu fi makan amin elmasajila ta daham wa nasiha taki le elnaji anaf. - Masalan ita wadi dafter, ragam aw ati ashra kueis mushkila kabir uwa fogu.

** elaja de muheim wa yakutu fi itibar lo mafi kiar tani mujud. Elabuab ta kenisa daeir yagafalu wa mufti lazim yakun indu najeh wa zol tani bas. El zol elbamulu anaf ma yawaru mahal elnajeh gaid fiw. De be kun kator. Sufu lo aja de ganun fi doulatakibgale silu amel.



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Aja inta ma bi amulo

MATA ASALU ELMAHTADI LO KELIMA TA NAJI TALA HAGIGA LANU DA BI KUTU HUWA FI MUSKILA KABIRA TA DURU WA MUMKIN WADI LE MUTU.

Mohim shadid anina bi fata ziada lo naji fata balak bisan anaf. Batal lo anina ma kutu baal fogu. Mata asalu bisan dalil, mata luom, mata weri gali ruha le rajil aw zamil taki lanu badein da bekun tariga ger amin. Mata wanasu waha'ad ger hagiga. Kali ita arif gudira wa mwarid taki kueis.

Mata rasulu zujan le tagdiim mashuora aw le tawaset lanu da bi kutu juzu min musouliya fi elnaji wa bi kali elmurtakib jarima ayamshi barieh.

Ijiraat Elnaji Yashilu

Elnajeihin umon indu gudira kaman bi amulo haja haseb zurufat ferdiya.

Haja naji bi agderu amulo	Bija be thura
Fata eina lo ita fi juwa ta anaf batal.	Rafa ta sout, luma, durba, gafilu ita juwa, gata ita ma nas taniin, kutu ita fi falisa, kulu da hajat ta anaf munzili.
Kalimu bisan masada wa ruoha fi makan amin.	- Itasil le shurta tawali - Itasil le kedimat elanaf munzili fi doula taki aw fi muntiga ita fi fugo. - Asal bisan masada, elanaf ma kata taki kulu kulu. - Daiman mutaham bi wanasu gali ita amulo ana amula le ita zeda. - Kali ita amin fi beit taki wa ma salama. - katitu, sibu malabis taniin, wasiga'at shaksiya muhim. - Sibu mafateh ma jiran indu thiga fogu. - bada Ragam siri ma jiran taki, gasis taki aw Boss taki lanu omen bi wadi musada le ita fi ayi zamen. Masalan ita bada wanasu bisan Angela, kulu isim bi bada be A ita rudu, omen be arifu ita waga fi juwa muskila bi asadu ita. - Kutu baal taki fi rujaal bi gadimu le ita ingaaz wa beit sakan ma omen fi zamen ta dahaf. Daiman bi jada zul fi istemaar wa anaf fi mustakbel.
A'awil nafsi taki fi kedimat anaf elmanzili mujud.	- Itasil le kedimat anaf elmanzili. Afath ragam fi telefon taki be isim biniya bi bada be A, masalan Angela, uwa fi fog fi jiduol itasal taki. - Lo shurta nadu, hafidh ragam ta jarima bisan mutaba. Asal be itisal mutaba wa ziara lo mumkin. - Lo mafi kedimat anaf manzili mujud fi mal taki, dugu le zol ta itihad el um mali asan bi wasilu shabaka le daham wa musada. Ita ma barau.
Bada tasjiil kulu hadith ta anaf le muraja fi mustakbel.	- Lo mumkin wa min ger marifa ta musii, afadh jiduol be ta'ariek, zamen wa haja amolu le ita. Da bi astagdimu ka dalil baad zamen ita deru gadimu mudouh le gidam. - Akud suo'or wa afadh fi telefon be malaf ama zey jiran. - Asalu jiran/kabir ta kanisa/mushagal taki asan bi hafadh masajil lo omen asmau aw aiyinu be anaf wa kaman lo ita fata anaf le omen. Da bi astagdamu fi muhakama fi zamen muha'hin.

Israk Rujal

Ani lo gederna nasuf niaya ta anaf manzili, lazim namulu israk le rujal fi rad elkuis asan yajibu tageir am eldaeirinu. Rujal mumkin yamulu ajat rujulu ijabi wa mumkin yadedu oslum ta rujaltaniin wa amailtomen elbakalas, wa beraja wa badamar eltaniin.



De muheim, akter min ay aja, inu elrujal be ehshu fi aya shaolin masel ta Yesuwa wa yamulu wagfa asan anaf manzili. Bamulu alaga ijabi wa salima kuis asan yakali elosra yakun kuis wa tamam. De kaman shaid mumtaz le jiran wa badi najehiin ta anaf masel le aja aya yamulu bara anaf.

El-ijtimahia ta rujal fi kulu sagafat wa fi duol ketiir fi alam kulu bedi nazar magafala ta rujala elbamulu aja batal. De mumkin yawadi le tanmieh ta nazar batal elbedamar rujal wa nasawiin sawa elfi alaga. Tawagahat ta ijtimahi bekutu rujal elmahindum agaig wa mahal asan omen yakunu dugrin fi zamen lo sukol wagifu wa rujal elma bagodu fi beit mahindum kibrat (zei tabaka) asan yakunu fi biehe jedid.

Rujal mumkin yakunu daeiriin yakiz le suluk elomen yaku fim ijtimahiin kaman, wa sunu daeir asan yageiru asan bejibu salama, tawuni wa fahli le sukol ta beit. De zamen le tahsisat asan yamulu le mustakbel bad COVID-19.

Min majmuoh elmatanuoh min juwanab ta aya maktalifa kutu sawa fi mahal wahid ze i sukol beit, wa durus ta beit, idara ta osra ijabi owa mufti le takid mashi aya beterika kuis fi gafla ama. De manatu inu bekun fi managasha adi wa amin le idara ta beit wa gasim ta ajat be beterika indu adala wa kuis. Kalisu 24 sah ta gafla ama be munu bamulus sunu fi kulu sah be elbesilu. De bedi bidaya le managasha fi silu sukol asan mafi zol waid fi osra ma bekun indu sukol ketiir. De manatu inu kibrat juded daeir tanmieh ma wasiya wa dahm wa musaida ta taniin. Tani ishara mumkin yawasif geir adala owa asan yasufu yatu zol begodu fi karnaba ketiir aw besufu telefizion wa bagi nas sakalin fi elbeit. aja sakal fi beit wahid baktalif min eltani lakin elmufta owa nazariya elma m=bamulu le munu 'lazim' yamulu sunu bas asan beterika ta sagafa belediya aw beterika ta jinsi.

Elsuwal elmueihm inta besal owa 'Elaja ana bamulu alagato tasirtow sunu ma alagattai ma taniin?' eltahkiz de bekali oslumtanina wa amahil wa tamultana yabni wahid fuok aw yakun indu natija fi kasra ta alaga tehed.

Amel ijaba ta rujal mumkin yawadi fi zamen ta guad elbeit ya ligu fi 'gafla ta ryjal elam' www.restoredrelationships.org/Men_in_Lockdown/ wa 'rujal tehetel dugud masader' https://restored.contentfiles.net/media/assets/file/Advice_to_Men_in_Isolation_2020_v2.pdf

El-UN shail omla intigabieh Owa be Owa asan yasark rujal yaligu masaw ta jinis. Fi zamen ta COVID-19 omen bamulu omla intigabiya #HeForSheAtHome (#OwaleOwafiBeit) besufu keif eldor wa musuliat begulu wa bekutu le terika najeh ta beit aw osra. Malumat ketiir wa suhor ta kibra kuis ine www.instagram.com/heforshe/



El-jannah

El-jannah aw matamin ta anaf omen daeirin asan yakimumbe amailtomen wafada.

Elfadiha ta kitab elmagades owa asan hub, nahma, wa makfara mujud le kulu.
De ma yastakdamu asan elmujiirimiin ma yakamum min elanaf. Robuna owa Robuna ta adala wa hum wa makfara. Elbatalfiw min elmutahmiin owa amail lisa adala daeir asan tolob.

Tashjieh le matamin ta anaf asan yakunu indum wasila asan yakali omen yasakelu le tageir ta oslob tomen. Takid inu elmatamiin wadu mahkama le amailtomen lanu eladala kuis asan yasaidu elmadarar le istehda ta siga fi insaniya wa takid asan yajibu le tageir le nafusum wa sukol le siana elkata amulu.

Elmutahmiin mumkin yastakdam **7 R's le nataak ta mataham** asan yajibu tageir fi nafusu tomen le ajat batal amulu. El-**7R's** omen tariff, nadam, izala, ashir, silu tahwidh, sajjil, ehyiada nazar.

Ijra ta Matahmiin Mumkin Yasilu

Matahmiin indum guwa le masik-nafsu asan yageiru suluk wa oslob wa bamulu nafus tomen fi isabat.

Sunu matahmin yamulu	De betshaf keif amaliyen
Tarif inta irtakabta anaf	- Korik, dorbs, loms, talaib, ikra, seytar oslob, elazala le zol ta anaf - El-anaf de golot wa yagif - El-anaf de kiar inta amulu - El-anaf amulu insha jara kebiir, sadma be tuul aya, kasar siga tawali. - Elanaf de katiya wa shetima le Robuna - El-anaf de jerima fi bagi duol - Ehtaraf le kiarat fi amulu anaf aw sua istikdam ta guwa wa seytara
Nadam	- Be ajat batal inta amulu - Kali ita arif tabia taki wa tahsiir ita kutu fi nas, sharik taki, iyali, jiran, garib, nas kanisa wa fi mujtama. - Be gelbi taki kamil atraf katia le Rabuna, Rabuna bi aiyinu kulu gelib. - Douru nafsi taki be iltizam, shilu musuliya le amayil taki. Atraf le kabir kanisa wa le ta ganun. Rabuna bi akfar lakin kata taki lisa fi wa lazim bi wajahu.
Itala	- Tala nafsik fi wanasa wa fi biet lo ita bikun muskila le omen, lo ita bi wasil ma el anaf ziada. - Lazim ahtram muga ta shariik taki lo ma murtah bisan tasaala. Lazim kutu fasil ma baad be tariga amin wa madani.
Ishara	- Balak nafsik fi shurta wa akud musuliya ta amayil taki. - Adala mohim asan ita bi kawon haya taki tani wa haya el-naji, di bi silu turuk ketir be nisba le ganun ta balad.

Sunu matahmin yamulu	De betshaf keif amaliyen
Rad	• Sadid kata taki, wadi gurusu le sharik taki wa wafir le iyal. • Kun fi itifag ma shaksi musala***, ijiraat taki kulu. • Iltazam be tadbeerat musala usbouhi wa balak be kul sara'a. • Daiman kutu el-naji fi nusu ta amayil. Asal minu haja uwa deru minek.
Tasjil	• Sajil itifagiya ma shaksi musala be tajdid ta amayil taki fi kulu ijtimaa. • Mata agbel ayi wade bi kali ita ma bi geru amayil batal taki. • Akud musuliya kamil be nafsek wa geru kulu haja batal ma ita.
Maraja	• Raja itifagiya kulu zamen asan bi kutu ita fi kat kueis le gidam. Itifagiya da bein ita wa shaksi musala bi wanasu fi telefon aw fi internet fi halat ta COVID-19. • Mata golot be zamen itifagiya wa lazim kutu fi balek tariekat wa zaman. • Akud musuliya ta amayilek wa kazlan taki. • Mata nakuro musuliya ta amayil taki, mata nakuro el-anaf, mata sagiru el-anaf ita sababtu, mata kutu loum be sabab amayilek fi isim zol tani.

***Elshaksi musala lazim dururi bi kun zol zaki bisan yarif be tafasiil tabia ta mutaham wa keif bi sabib amayil da. Daiman elmutaham beji be shikil sahir wa bi kalim nadiif wa mahbuub. lazim yakun fi ada fi elihatibar wa tasub fi tujia ta mutaham wa le anaf omen sababu le mujtama. Bi asalu be guaid wa irshadat.



Munasra

Munasra da kalam ilaniya bisan, mah, wa be niaba nas taniin wa zid elzolom aw msafa fi tagdim kedma mumkin bi kutu tahsir fi mujtama wahid barua kali omen fi aeib. Difaa nas taniin fi zamen azma di kalis bi kali akuma wa kanais aiyinu masafat wa tafkiir hulul le musakil di.

Daiman kalik muadib fi zamen masharika ma kabirin kanisa was mudafin ta akuma. Kalik mutakid be kalam ita be weri le omen wade, lo fi tija bitak aw fi biet aw mujtama. Haja ita talabu bikun hal le muskila.

Lo mumkin, wa amin fi doula taki, kalim le akuma taki be:

Asalu be:

1. Asalu le ziada ta tamwil kedimat anaf el-manzili.

2. Asalu be tamwil biyut/laji ma ziada itiajat elnisa wa iyali yakunu amin min aldur.

3. le amla ilaniya watania nashiru muduoh ta anaf el-manzili wa makan bi ligo musada fi kilal alwaba da.

4. Le ingaaz guanin bi agib el-anaf bisan mutahamin bi akudu musuliyat ta amayil tomen fi mahkama.

5. Le tahlim elmanhaji ta shurta wa gidaa bisan tabia jinsia le anaf el-manzili, intashara, tasiira. ijaba tomen munasib be nisba le moudouh di.



Mulakas

Zakir inu el-anaf manzili bi asel, ata fi kanais.

Taba halamat ta anaf wa juob tawali be **4R's** framework--
taharif, joub, tawiil wa sajiil bisan elnajehiin.

Kutu elmutahamiin fi isab wa shaja asan omen bi shairiku fi
7R's – Taharif, nadam, tuloh, tawiil, rada, tasjiil, maraja. Daiman
arif inu tasalih ma uwa hadaf. Elhadaf uwa asan ita bagifu ma
salama, saha elagaliya, wa karama ta najehiin.

Malaig

Malaig Waid Muarid wa Ruwabot

Kutut musaida elalamiya beshan
anaf manzili www.hotpeachpages.net/

Nahj elgayim le insaaf fi tahmul ma
wuba – Tahaluf israk rujal
[menengage.org/resources/an-equity-
based-approach-to-dealing-with-the-
covid-19-pandemic/](http://menengage.org/resources/an-equity-based-approach-to-dealing-with-the-covid-19-pandemic/)

Munazama musada mara malizia
[wao.org.my/implement-emergency-
response-to-domestic-violence-amid-
covid-19-crisis/](http://wao.org.my/implement-emergency-response-to-domestic-violence-amid-covid-19-crisis/)

Rumam COVID-19 muarid istijaba
[www.restoredrelationships.org/
Covid19/](http://www.restoredrelationships.org/Covid19/)

Isteheda hazma ta kanisa asan kulasa ta
anaf manzili be injilizi, fransiya, isbaniya,
burtugaliya, Arabi, Rusiya, Swediya,
Bolendiya wa Hindiya
[www.restoredrelationships.org/
resources/info/51/](http://www.restoredrelationships.org/resources/info/51/)

Isteheda hazma ta kanisa asan kulasa
ta anaf manzili itimad le Wilayat El-
mutehda ta Amerikiya
[www.restoredrelationships.org/
resources/info/147/](http://www.restoredrelationships.org/resources/info/147/)

Sukol ta turuk indu salama
[www.restoredrelationships.org/help/
making-a-safety-plan/](http://www.restoredrelationships.org/help/making-a-safety-plan/)

Anaf ta manzili: fi kanais kaman – Bahas
ta mamlika El-mutehda fi anaf manzili
indu nas elbemshi kanisa abra makatat
ta malumat elkubra
[www.restoredrelationships.org/
resources/info/146/](http://www.restoredrelationships.org/resources/info/146/)

Anaf manzili fi kanais fi:

Peru
[www.restoredrelationships.org/
resources/info/83/](http://www.restoredrelationships.org/resources/info/83/)

Arjentina
[www.restoredrelationships.org/
resources/info/100/](http://www.restoredrelationships.org/resources/info/100/)

Bolibiya
[www.restoredrelationships.org/
resources/info/90/](http://www.restoredrelationships.org/resources/info/90/)

Rojula tawudiya (Chitando and Njoroge
2016, Chitando and Chirongoma 2012)

Kalagu be sura ta Robuns: Min tasulsul
armi le masaraka, World Council of
Reformed Churches
[wcr.ch/wp-content/uploads/2015/04/
CreatedInGodsImage.pdf](http://wcr.ch/wp-content/uploads/2015/04/CreatedInGodsImage.pdf)

Kalagu be sura ta Robuns: Min ayma
le masaraka (delil ta rujulu elijabiya),
World Council of Reformed Churches
[menengage.org/wp-
content/uploads/2014/07/
PositiveMasculinitiesGenderManual_0.
pdf](http://menengage.org/wp-content/uploads/2014/07/PositiveMasculinitiesGenderManual_0.pdf)

Isbuoh bedun aduat ta anaf, World
YWCA

[www.worldywca.org/ywca_ressources/
week-without-violence-toolkit-2019-
is-now-available/](http://www.worldywca.org/ywca_ressources/week-without-violence-toolkit-2019-is-now-available/)

Malaig 2

Ehsa ta Anaf Manzili Wa Tasirat ta Jinsi

Elbarliman ta Urubi kabir inu anaf manzili gam le mastawa tallit fi bagi duol ta EU bad gafla ham
www.europarl.europa.eu/news/en/press-room/20200406IPR76610/covid-19-stopping-the-rise-in-domestic-violence-during-lockdown

Istraliya kabir 75% ziada ta taftish fi net indu alaga be tolob musaida min anaf ta manzili le madararin
www.france24.com/en/20200406-un-chief-decries-horrifying-rise-in-domestic-violence-amid-virus-lockdown

El-mamlaka El-mutehda sufuf talata marat ketiir min muot ta manzil fi talat isabieh min gafla wa 25% ziada fi makalamt ta anaf manzili ta douwla be kat elmusaida

Fi Malaysia, Women's Aid Organisation sufuf ziada 44% fi kat ta musaida
wao.org.my/implement-emergency-response-to-domestic-violence-amid-covid-19-crisis/

Al barazil sufuf 50% rafeh ta makalamat le kat ta naf ta manzil

Fi El-mamlaka El-mutehda bahas min jama ta Coventry wa jama ta Leicester ligu 1 fi 4 nas elmashin kanais abra Cumbria, wahid iglim ta El-mamlaka El-mutehda, omen beligu anaf fi alaga tomen elasi. De mashi le 42.2% zamen alaga elmadi shalu bara. Akter min 90% ta naf bamulu rujal
www.restoredrelationships.org/resources/info/146/

Elbahas ma kanais abra Bolipiya, Arjentina wa Peru ligu inu elanaf ta manzili basel fi kanais kaman
www.restoredrelationships.org/resources/info/83/

Tasirat Aker

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